



REGIONAL PARTNERSHIP GRANTS

GRANT PERIOD: 2018–2023

SEASONS REGIONAL PARTNERSHIP GRANT

LEAD AGENCY: Northwest Iowa Mental Health Center dba Seasons Center

TARGET SERVICE AREAS: Buena Vista, Clay, Dickinson, Emmet, Lyon, O'Brien, Osceola, Palo Alto, Plymouth, Sioux, and Woodbury Counties

LOCATION: Spencer, Iowa

ADMINISTRATION FOR CHILDREN AND FAMILIES REGION: 7

CONGRESSIONAL DISTRICT SERVED: IA-004

BRIEF PROGRAM DESCRIPTION

PROGRAM DESCRIPTION: The Seasons Regional Partnership Grant (RPG) project is using a family-focused model of care to meet the complex needs of families experiencing the effects of abuse, trauma, and substance use. In partnership with the Iowa Department of Human Services (child welfare) and Juvenile Court Services, Seasons Center for Behavioral Health supports families through the delivery of three key components: (1) collaborative service delivery, (2) effective and innovative implementation of evidence-based practices and programs, and (3) purposeful community partnerships and practice change. Families and caregivers receive skill-building training, family therapy, intensive family case coordination, and other support services to prevent out-of-home placement as well as to improve the well-being of children who are currently in foster care or have been adopted. These services are being implemented in 11 counties in northwest Iowa: Buena Vista, Clay, Dickinson, Emmet, Lyon, O'Brien, Osceola, Palo Alto, Plymouth, Sioux, and Woodbury.

TARGET POPULATION: Families and caregivers with children, from birth to age 17, who are in or at risk of out-of-home placement as a result of parental or caregiver substance use or other behavioral health conditions and reside in the geographic service area (11 counties in northwest Iowa).

PROJECTED NUMBERS SERVED: The project will enroll 250 families in treatment services and 75 families in the control group for a total of 325 cases. In addition to direct service with families, the project intends to train 1,851 participants at regional and community training events, including special workshops on the topics of self-care and secondary trauma.

MAJOR PROGRAM GOALS

- GOAL 1:** Demonstrate the organizational capacity to lead and champion a high-quality regional partnership to effectively deliver and sustain trauma-informed, culturally responsive, and evidence-based practices among child welfare, behavioral health, juvenile court, and other child/family serving systems during and beyond the grant funding period.
- GOAL 2:** Increase the number of children and families served through the use of developmentally and culturally appropriate, setting-sensitive, trauma-informed, and evidence-based programs and services in 11 counties in northwest Iowa.
- GOAL 3:** Continue to enhance partnerships within local communities to increase the awareness, need, and understanding of the significance for brain research, trauma-informed care, Adverse Childhood Experience Study, cultural competency, and resiliency to mobilize

local services to support families and create practice change in how services are delivered.

KEY PROGRAM SERVICES

- Intensive Case Coordination/Care Coordination
- Service Navigation
- Respite Care Services and Family-Friendly Educational Events
- Seeking Safety
- Parenting Wisely
- Parents and Children Together
- Parent-Child Interaction Therapy
- Dialectical Behavioral Therapy
- Eye Movement Desensitization and Reprocessing
- Trauma-Focused Cognitive Behavioral Therapy
- Walk away, It's private, Share, and Educate (W.I.S.E UP!) (education class)

PARTNER AGENCIES AND ORGANIZATIONS

- Iowa Department of Human Services – Western Service Area
- Juvenile Court Services – Third Judicial District (Juvenile Justice)
- Independent Technical Consultant: Dr. Michele Devlin – University of Northern Iowa

EVALUATION DESIGN

The local evaluation of the Seasons RPG includes an impact study, a process study, and a partnership study. The grantee is also participating in the RPG cross-site evaluation studies of family and child outcomes, program implementation, and collaboration among RPG grantees and partners.

IMPACT STUDY DESIGN

The grantee uses a quasi-experimental design (QED) to examine the impact of its RPG services among families from 11 northwest Iowa counties with children who are in or at risk for out-of-home placement because of parental substance use. Members of the program group are assigned to a family case coordinator and receive Seeking Safety, Parents and Children Together, and/or Parenting Wisely in-home services. Family case coordinators are supported by a clinical supervisor. Members of the program and comparison groups may receive any of the following Seasons services, depending on their specific needs: screenings and assessments, one or more of five program models (Parent-Child Interaction Therapy, Attachment Based Family Therapy, Trauma-Focused Cognitive Behavioral Therapy, Eye Movement Desensitization and Reprocessing, or W.I.S.E. UP!), respite care services, and family-focused educational events. Families' participation in RPG services is expected to last about 6 months. The impact study includes 325 families, with 250 in the program group and 75 in the comparison group. The grantee is examining impacts in the following domains: permanency, safety, child well-being, family functioning, and recovery.

Data sources include administrative data and information collected by data collectors using standardized instruments. Family case coordinators conduct data collection with standardized instruments for both the program and comparison groups. Data are collected two times for each family: (1) when families begin services (baseline) and (2) 6 months following baseline (at the end of services).

PROCESS STUDY DESIGN

In the process study, the grantee examines the extent to which service delivery of the program models is effective and innovative. The grantee measures the geographic extent of outreach, the number of individuals served (referral, screening, enrollment, and discharge), participant satisfaction, service dosage and duration, and referrals to other sources. Data sources include program records and surveys.

PARTNERSHIP STUDY DESIGN

In the partnership study, the grantee examines collaborative service delivery, purposeful community partnerships, practice change, and organizational capacity. It measures collaboration activities; partner attendance, satisfaction, perceptions and recommendations, and retention; and community and engagement and outreach activities. Data sources include surveys and program records.

SUSTAINABILITY STRATEGIES AND ACTIVITIES

Attention to robust sustainability strategies includes focusing on sustainability early in the grant period, fostering community buy-in and involvement of community partners in sustainability strategies, creating a niche for the project, and using evaluation data to demonstrate effectiveness to potential funders, specifically the cost benefits. Additional strategies include:

- Engaging key leaders from behavioral health, child welfare, juvenile court, and other community organizations.
- Involving Seasons' leadership team in grant planning and implementation with the inclusion of sustainability, dissemination, and replication strategies in project work plans.
- Ensuring that key project staff have experience in grant management and sustainability.
- Using evidence-based programs that are billable by third-party funders and are accessible to a broader population accessing behavioral health services by Seasons.
- Hiring quality clinical staff with qualifications that meet third-party funding agreements.
- Pursuing additional funding sources (this task is undertaken by Seasons, partners, and project staff) such as foundation grants, state and federal grants, fee-for-service reimbursement, and the leveraging and braiding of existing funding sources to enhance and sustain project activities.
- Contracting with an external evaluator with experience in data collection and sustainability.
- Allocating grant funding as seed money with a focus on start-up expenses versus ongoing operational expenses.
- Integrating principles of "Implementation Science" into sustainability planning.

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